A STUDY OF SOCIO-PSYCHOLOGICAL DEVELOPMENT AND MENTAL HEALTH AMONG REGULAR YOGIC PRACTITIONERS

A RESEARCH PROPOSAL

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Research Guide

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Introduction

Socio-Psychological and mental health is influenced by many factors such as environment family stressors ,socio- economic status, environmental stressors, malnutrition, poverty and maternal depression. (Stromswold 2006, Park, Fertig& Allison 2011).The regular yoga practice promotes Social-emotional and mental health necessary for behaviour and goal-directed cognition (Rangan , Nagendra, Bhat 2009) . In this context, practice of yoga might be helpful in improving socio-emotional development and mental health

. Yoga has multiple emotional , physical, mental and spiritual benefits and holds that the influence of the mind on body is far more powerful than the influence of body on mind. Yoga promotes in automatic massaging of internal organs and thus helps in enhancing functioning of circulatory system nervous system, and endocrine system, (Khalsa, et.al 2012). According to a study conducted in a secondary school, preliminary results suggest that yoga has the potential of playing a vital role in maintaining, psychological well-being cognitive skills and mental health (Wacharasin et.al 2003). The several scientific evidences available in literature , that yogic practices enhance emotional ability, cognitive function, personality, mental health (Schoon et.al.2012), socio-emotional development, , cardiovascular system flexibility, respiratory system, promote recovery from addiction and its treatment, reduce anxiety , academic stress , aggression, depression, improve sleep patterns and enhance overall well-being and quality of life (Best, 2010). Earlier findings suggest that yoga reduces psychological problems such as like academic stress, depression , anxiety etc. Even though there are several research reports indicating positive impact of yoga on mental health and other psychological factors but there are limited research studies exploring effect of yoga on cognitive function and social-emotional development .

The regular practice of yoga is help to focus on the quick response ability, thinking, grasping power, learning ability, process the required information, arrive at the logical conclusion, decision making and then execute the task.Yoga is an ancient Indian practice that has been utilized in several ways, for several reasons, between many groups of people for centuries (Vhavle et.al 2017). There is overwhelming evidence suggesting that an inverse relationship between life stress and cognitive ability exists due to the

presence of intrusive thoughts, which can be defined as any distinct, identifiable cognitive event that is unwanted, unintended, and recurrent (Shipherd&Fordiani, 2015). In addition, psychological health issues, including impaired cognitive ability, may arise as a result of being subjected to consistent, long-term stress (Tennant, 2002). Stress can also have a detrimental effect on cognitive function. Higher stress levels, were found to be directly related to an increased number of everyday cognitive failures (Boals& Banks, 2012). Stress impedes cognitive ability, the relationship between perceived stress and response inhibition has not been given substantial attention. It is important to more clearly elucidate the effects that yoga can have on individuals' stress levels and cognitive performance. In addition,Adolescence is a developmental period for the establishment of socio economic and cognitive development. The sociocultural context of the rural environment can present challenges to the emotional, physical and mental health of adolescents. Adolescence, the second decade of life (10-19 years) is a period of rapid development when young people acquire new capacities and are faced with many new situations. Healthy social-emotional development in young children correlates with healthy cognitive development and therefore creates a strong foundation for future school achievement. Social-emotional development is a combination of social development and emotional development.

Statement of the problem

Yoga has its origins in ancient Indian philosophy. *Asanas*, breathing Pranayama and meditation practices that cultivate awareness and ultimately more profound states of consciousness. Yoga is a way of life that includes the practice of specific postures, regulated breathing and meditation. It is designed to bring balance and health to the physical, spiritual, emotional, mental, and dimensions of the people. Yoga is viewed as a mental and physical discipline that confers a sound body and sound mind. The investigator has interested to determine the Social-emotional and mental health of regular yogic practitioners. The problem stated that "**A Study of Socio-Psychological development and Mental Health among Regular yogic Practitioners" .**

Objective

The primary objective of the study is to determine and compare the Social-Emotional Development and Mental Health between **Regular yogic Practitioners and Non yogic Practitioners**

Specific objective

1. The specific objective of the study is to inform polices and designing appropriate intervention strategies and planning modifications in the society to enhance health aspect

Research Question

1. Is any differences of **Socio-Psychological** Development between Regular yogic Practitioners and Non yogic Practitioners ?
2. Is any differences of Mental health between Regular yogic Practitioners and Non yogic Practitioners ?

Research Question

1. There will be significant differences of **Socio-Psychological** Development between Regular yogic Practitioners and Non yogic Practitioners ?
2. There will be significant differences of Mental health between Regular yogic Practitioners and Non yogic Practitioners ?

Delimitation of the study

The following delimitation of the study are as

1. The study will b delimited to 150 regular yogic practitioners and 150 Non Yogic practitioners**.**

2. The study will b delimited to male and female regular yogic practitioners and Non male and female Yogic practitioners**.**

3. The study will b delimited to 18 to 50 years of aged group regular yogic practitioners and Non Yogic practitioners**.**

4. The study will be delimited to Delhi and Delhi NCR Region

Limitation of the study

1. Since the both groups belonged to different level, hence the prior experience of the both players may be considered as a limitation to the study.

2. Since the both groups belonged to different training background this may be also considered as the limitation of the study.

3. The availability of the sophisticated instrument which may also be considered as the limitation of the study.

Significance of the study

The study may be of great use and importance to the Researchers, Investigators, Psychologists, scientists and Teachers in various ways and can be utilized in formulating the modalities in putting their knowledge acquired through devoted scientific investigations, analysis and interpretation of findings to use for all students and subjects may be greater implication of the study. The results of this study may also help to aware about yoga, and **Socio-Psychological** development and enhance the mental health of the all students. The relevance of the study is to provide guide-line to Researchers, Investigators, Psychologist and Teachers that how to improve the awareness regarding regular yoga practice and enhance the insight of further to examine cognitive function and prevention of psychological problem among students. This research may help to clinicians, physicians and those interested in rehabilitation and prevention of more psychological problems, and take into account the ill effect of psychological problems on academic performance of school students.

Definition and explanation of important technical terms

Socio-Psychological development

Socio-Psychological development regulate and express a range of emotions. **Develop** close, satisfying relationships with other **children** and adults. Actively explore their environment and learn.

Mental health

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Yogic practitioner

Yogic practitioner is a highly trained individual who can guide and instruct people through **yoga** sessions that are couched in a more therapeutic setting

Literature review

The research scholar has gone through the available related literature, which are relevant to the present study.

Telleset. al. (2013) revealed that both yoga and physical exercise significant effect on the cognitive performance of the **Adolescents,.**

Davidsonet.al. (2012)concluded that the benefits of yoga that have been observed in adults are also relevant for children and adolescents in school-based settings. Another research reviews indicates that yoga practice is effective at reducing anxiety, stress and enhancing well-being and moods Kirkwood (et.al.2015).

Sarokte and Rao(2013) studied the effect of yoga on the cognitive and mental functions of 90 **Adolescents** in the age group of 10 to 16. The 12 weeks study concluded that yoga improved cognitive abilities of the school children.

Cespedes, (2018) Lessening stress and reducing the severity and frequency of anxiety and depression symptoms. Improving your posture. Improving your appearance through standing taller, feeling more confident, and more effective weight management

Neelam (2012) conducted a study on adolescents which showed that the adolescents who practice yoga have had higher concentration levels and exhibited better short term memory. Despite the facilitatory role of yoga and meditation on our day-to-day activities, cognitive functions and well-being, the practice of yoga has not yet become a regular part of our curriculum. Recently a number of schools have come forward to introduce yoga and its daily practice a compulsory elements of schooling.

Verma et al (2014)found that yoga practice significantly improve the memory and mental ability in aged group(11 to 15 years) Adolescents. The result from Guilford's structure of Intellect Model for assessing learning abilities after forty five minutes of yoga practice program for a period of 5-weeks. A strong **practice can** help build muscle, dramatically boost metabolism, and breathing fully and deeply increases circulation, also helping the metabolism to stay ticking along nicely. A little bit of pranayama, a little upper body strength, of course, some opening work as well.

Bhavananiet. al. (2003) found that yoga practices helped in minimizing the auditory and visual reaction time in the school children and improvement on the processing ability of the central nervous system and also the sensory motor performance. Manjunathet. al. (2001) found that Adolescents among the yoga practice group reduce the execution time by an improved motor planning.

Vhavle (2017) assessed the impact of yoga intervention on cognitive abilities, behaviour and health in high school children and found the improvement in health, learning ability, cognitive ability, behaviour, and positive emotions in school children.

Kondam et al. (2016) Assess the efficacy of yoga in increasing the cognitive performance in medical students after practicing it for 6 months. The results showed yoga training has a significant effect on the reduction of anxiety level and improvement in cognitive functions of medical students.

Vishnu (2017) studied the effect of yoga practices on selected cognitive development variables among adolescent in rural residential school and found that Significant improvement was observed in measures of mental ability and memory in experimental group.

According to Hariprasad et al. (2013), "yoga intervention program appears to have a significant positive effect on mental and cognitive functions like delayed recall of verbal attention, executive function, psycho motor speed and visual memory when practiced for 6 months". Yoga activities has improving cognitive functions in areas such as working memory, grasping power processing speed, attention, and mental ability and some studies show that there is a bit of a gap between cognitive functions in individuals who do and do not practice yoga (Gothe&Mcauley, 2015). The benefits of yoga in the classroom have been available in the literature.

Cotant (2009) also gives an example of a teacher who teaches yoga once a week at their middle school. She received a lot of positive feedback from other teachers about how calm and well behaved their students are in class after a brief yoga practice. Her students also had positive comments about doing yoga at school, such as that they enjoy the break from doing school work, they have an easier time staying focused in class and they worry much less compared to if they didn't do yoga that day.

Verma et.al.(2014) investigated the yoga practices on selected cognitive development of rural residential school children in kerala, cognitive development variables were improved after 12 weeks of yoga training in adolescent rural residential school children.

Nagia and Malhotra (2013) studied to influence of regular practice of yoga on cognitive function and mental ability and emotional factors and indicated that regular practice of yoga perform significantly better in concentration, memory , attention, mental balance delayed recall , immediate recall, verbal retention and mental health ,

Udupa*et al*.(1977) revealed that yoga improves the cognitive ability and emotional factors .

Sahasi*et al*.(1989) studied the yogic techniques in the management of psychological factors like stress , anxiety and reported increased attention/concentration and reduce anxiety and stress . Another study has reported that yoga related activities enhanced cognitive function, reduced maladaptive behaviors, reduced the frequency of thought, reduced substance abuse, and generally improved the quality of life, in addition , increased emotional and physical health and psychological well-being, .

Manjunath,&Telles (2004) found that Yoga help to improve self-esteem learning, , reduce anxiety, depression, aggression, impulsiveness, shyness and other negative emotions seen in teenagers .

White LS (2012) Salutatory effects of yoga exercise helped to improve cognitive function and reduce aggressiveness, reduce emotional upheavals, laziness, and improve mood and well being .

Kautsand Sharma (2009) were to assess the effect of yoga on academic performance in relation to stress and found show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, One of the findings also suggest that , implementation of yoga in one's daily life may be a possible stress reduction method and may help to improve cognitive ability (Villate, 2015).

Sahasi (1984) found that practicing yoga/meditation improves memory and attention in children. Another study (Peck, Kehle, Bray, &Theodore, 2005) found that children had improved functions on measures of attention after practicing yoga. Modern cognitive psychology describes attention as the ongoing process of filtering out information from the perceived environment and of focusing on specific elements.

Valentine and Sweet (1999) have repeated that there was statistically significant increase in attention test scores after mindfulness meditation, and concentrated mediation sessions. Concentration is the cognitive process of selectively paying attention to one thing to the exclusion of other a period of time.

CHAPTER-III

METHODOLOGY:

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This chapter will explain the methodological details used to implement the study. Specifically, presented here are the general perspective and context of the study, an overview of the participants, a description of the instruments and procedures use in data collection, and an explanation of data analysis.

Universe of the study and sampling frame: The Universe of the study shall be the Regular yogic Practitioners and Non yogic Practitioners ?

Sampling method and Sample Size: The method of sample will be purposive –A non-random method of sampling Regular yogic Practitioners and Non yogic Practitioners with a specific purpose. Total 150 Regular yogic Practitioners and 150 Non-Regular yogic Practitioners will be selected for the study .

Research Design The design in a research study refers to "the researcher's overall plan for answering the researcher's question or testing the research hypotheses". The research design of the study is to non-experimental, descriptive research design .

Ethical Consideration: In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducting with human beings. The study will include safeguards for protecting humans, which involve three major ethical principles: beneficence, respect for human dignity, and human justice. Beneficence is the protection of participants from physical and psychological harm, exploitation, and performance of some good. The risk/benefit ratio of participation weighs the risk to participants against potential benefits to society. Beneficence implies maximizing benefits over risks. Respect for human dignity will involve the participant's right to self-determination (freedom to control own activities including participation in study) .Justice includes the right to fair treatment (both in the selection of participants and during the course of the study) and right to privacy (through confidentiality procedures that safeguard information that participant's provide).

Inclusion and exclusion criteria

The inclusion and exclusion criteria for participants will be as follows:

The inclusion criteria are:

1. The participant will agree to participate in the study via an informed consent.

2. The participants must be female sports person , aged range will be 18 to 50 years.

3. The participants will not be rotating through other health facility at the time of study.

The exclusion criteria are:

1. Active mental illness. The respondents will be advised not to fill the questionnaire if under Psychiatric assessment and management within 2 weeks of study.

2. Inability to obtain the consent of the respondent.

3. Presence of chronic medical conditions such as asthma, heart disease or any other condition.

Tools of the study:

The following tools will be used for present study are as :

Mental health questionnaire.

Universal supreme health for all well being of Bal Kishan (1004) was used. The questionnaire consist of 48 items. it measures three dimensions of mental health namely 1) physical health well being related to be medication, Dedication, exercise, nutrition, hygiene and safty.2) mental health well being commuted to the factor at learning, self esteem, ethics, happiness, kindness and empathy and 3) spiritual well being includes faith & devotion, awareness, harmlessness, willingness and transcendence and joy.

Socio-Psychological Development: Self-esteem of the **Adolescents** will be assessed using the Indian adaptation of Battle's self-esteem inventory (1988). The i*nventory* has 4 subscales of 50 questions.

Psychological Regulation Questionnaire (ERQ)

The ERQ prepared by Cross and Jhon (2003) for school children. This questionnaires includes 10 -Items Scale that evaluates Children's use of cognitive reappraisal(06 Items) and expressive suppression (4 Items). The participants response that range from 1 (Strongly disagree) to 7 (Strongly agree).

Responses to Stress

The Responses to Stress Questionnaire (RSQ) prepared by Connor-Smith et.al.(2000) will be used to measured stress of adolescents.

Source of data

The present study based on the primary source of data

Demographic information :

The demographic information about age, Weight, disease, daily smoking, drug use, etc. will be obtained before seeking responses.

Procedure for data collection:

The investigator will be personally contacted to the respondent and the purpose of the research will be explained to them. The questionnaires with consent form will be distributed to the respondent and the complete filled in questionnaire will be recollected later on. The required instructions about how to respond through the questionnaire will be given by the investigator to the respondents

Analysis of the data:

Descriptive statistics will be calculated for all demographic variables. Analysis of variance and Post Hoc test will be also used and a p-value of <0.05 will be considered statistically significant throughout the study.

TentativeChapterization: The present study will be divided in the following chapters:

Chapter – I (Introduction)

The Chapter-1 outlines the background of the problem under consideration, its significance in the present scenario, the scope of the study, objectives the research intends to achieve and hypotheses to be established.

Chapter – II (Review of related Literature)

The Chapter-2 undertakes the review of literature related to the present topic of study and tries to define the problem under consideration in a proper way.

Chapter – III (Methodology)

This includes a detailed methodology of conducting research on the issue under consideration and various components of research design such as the universe, the sample, types of data, tools of data collection, technique of data collection, ethical consideration and methods use to analyse data.

Chapter – IV(Interpretation of data and results of the study)

The Chapter includes the interpretation of data and results of the study. The results of the study will be illustrated through suitable table and figure. This chapter will also include the discussion of findings.

Chapter – V (Summary Conclusion and Recommendation)

The Chapter five summarizes the findings of the study and conclusions derived thereof. The research has also made some valuable suggestions for further research

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